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The Iowa Homemaker vol.27, no.7

Ethel Mae Hendrickson

Iowa State College

Ruth Hackett

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Barbara Parsons

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Margaret Rutherford

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The Iowa Homemaker vol.27, no.7

Authors

Ethel Mae Hendrickson, Ruth Hackett, Barbara Parsons, Margaret Rutherford, Agnes Wells, Joan Ahern, June Welch, Muriel Collier, Margaret McKee, and Nancy Johnson

THE IOWA

Homemaker



A REVIEW OF ACTIVITY IN HOME ECONOMICS AT THE IOWA STATE COLLEGE

FEBRUARY, 1948

WHETHER YOU PLAN MEALS FOR 2 OR 200...

you will most often be planning

those meals around **MEAT** For you women — among

all women — know the value of meat in the diet. And

recent nutritional figures bear you out. For example,

one four-ounce serving of meat supplies these portions

of our daily nutritional needs:

23% OF THE PROTEIN
12% OF THE CALORIES
16% OF THE PHOSPHORUS
24% OF THE IRON
36% OF THE THIAMINE
10% OF THE RIBOFLAVIN
36% OF THE NIACIN

Whether your aim in careers is to plan meals for 2 or 200 — whether you build your meals around beef, pork, lamb or veal — one of your best guides in buying good meat is the Morrell Pride label. You'll find it only on the finest grades of meat and meat products. It is your assurance of top quality.



John Morrell & Co.

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ON THE COVER . . .

• Women living in Elm Hall enjoy the cozy library on the first floor. The New England pine panelling has a smooth natural finish. Rugs, drapes, furniture upholstery and ceiling are of soft harmonizing colors. The shelves contain books as well as many current periodicals.

• Members of the Iowa Homemaker Publication Board: Betsy Nichols, Chairman; Doris Adams, Nancy Baker; Joyce Edgar; Katherine Goepfinger; Kenneth R. Marvin; Mary Neff; Dean P. Mabel Nelson; Paulena Nickell; Leurean Pettitt; Margery Saunders; Kathleen Schwanz; Joan Ahern.

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T H E I O W A

Homemaker

A Review of Activity in Home Economics
 IOWA STATE COLLEGE, AMES, IOWA

VOL. XXVII, NO. 7

FEBRUARY, 1948

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IN THIS ISSUE . . .

Just how do your dating viewpoints jibe with other students' ideas? Do you prefer a date with a sense of humor, sleek convertible or dancing ability? Ethel Mae Hendrickson, technical journalism junior, summarizes on page 2 the important results of two dating surveys conducted by nine members of a Marriage and the Family class last fall. The students gave ideas on where to find a date. Thirty-nine percent checked mixers, 24 percent church groups, 22 percent classes and 17 percent blind dates.

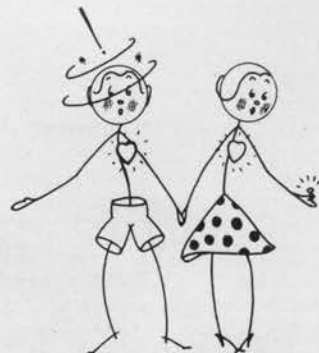


COMING . . .

Whether June and orange blossoms are only a few months away for you or not, it's never too early to start thinking about your silverware. Do you know what characteristics to look for when choosing a pattern or in purchasing the silver? Do you know what pieces to buy first if you do not get the whole set? There are also right and wrong ways to care for your silverware. Margaret Rutherford offers many helpful hints and suggestions in the March issue of the Homemaker.



How Is Your Date-Rating?



by Ethel Mae Hendrickson

From the Marriage and the Family course, here are the results of two dating surveys. Sherron Boyer, Joyce Gibbons, Phyllis Ross, Mildred Simpson and William Stewart questioned 136 representative students. Georgine Clausen, Marian Dawson, Barbara Silletto and William Winlock surveyed 300 students.

CONVERSATIONAL ability was rated the number one spot on the list of desirable qualities in a date by both men and women students. The similarity in what men and women want in a date breaks there.

The second choice of the women went to "popularity as a date" with "dancing ability" in third place. The men look to dancing ability secondly and then to beauty. Good looks turned up fourth on the feminine score sheet with "physical attractiveness" on the same spot on the men's side of the record. "Smooth lines" hit last place with the women while the men spotted "popularity as a date" as their last consideration in a date.

Men without cars need not grumble and feel sorry for themselves for the women, 99 times out of a hundred, do not consider a car important when accepting a date. "Ability to spend money" was given a gold star check by only one woman out of the 80 completing the survey.

Little Fraternity Preference

Preference for dates from a specific house or dormitory is of little concern to Iowa State students as 72 percent of those interviewed considered it an irrelevant point. Only seven students gave the matter of fraternity or sorority membership any weight in determining who a date would be.

"I do my own choosing," was the answer given by 89 percent to the question "How do you choose your date—your own choice, influenced by friends or influenced by parents?" Those acknowledging outside influences were all over 19 years old. This same group regarded knowledge of social etiquette as a highly desirable prerequisite to a first date.

Dating well-known men and women on campus was considered important by 47 percent with 53 percent discounting the possible prestige gained by dating a prominent student.

The amount of money to be spent on a date varied considerably. The men tend to set a higher limit than the women indicated for them.

Date talk centers around mutual interests, according to the 75 percent majority vote for that topic. Campus activities were next high with 18 percent saying that while on a date they usually talked about what goes on around college. Only 8 percent claimed to talk about other people and less than 1 percent admitted discussing grades.

"When on a date do you expect to kiss goodnight, neck, pet, have sex relations, or none of these?" A good-

night kiss is expected by 50 percent of those students interviewed, with 32 percent saying they do not expect to do any of the things listed. Necking got 11 percent of the votes with petting and sex relations polling 2 percent and 3 percent of the votes respectively.

The cross-sectional groups of interviewees were given separate questions to indicate the traits or behaviors most undesirable on a date. 21 percent of the women checked their votes in the "too fast" column, and "flirting with others" was close behind with 19 percent of the votes. The trait "boisterousness" held down number three rank with a 20 percent score. The women also indicated heavy black marks beside the traits of "drinking" and "egotism." Only 4 percent judged their dates being "too slow."

Flirting Objectionable

"Flirting with others" bothered the men, too—21 percent of them. "Nail biting" polled 20 percent of their grudge checks. The men checked their dates as being "too fast" with 16 percent of their votes. Long skirts were objected to by 7 percent of the men completing the survey.

The second report asked many of the same questions as the first but also asked detailed questions on important things to know before accepting a first date, such as religious affiliation, age, classification, major, hometown and fraternity affiliation. Age was the only outstanding requirement before a first date according to the survey, with a few scattered notations under religious affiliation and height.

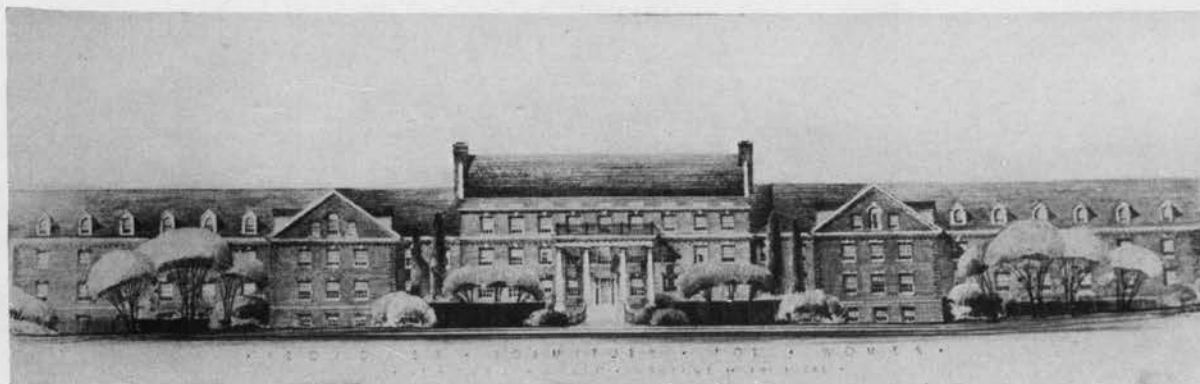
Advance notice for a date was set at one week. Times given by the men, however, were as close as 3 minutes before date time. The women showed preference for longer times—as extended as three weeks ahead.

First Date

What to do on the first date? A show was considered the best activity, with dances a second choice. 72 percent claimed to enjoy first dates. Double dating on first dates was preferred in 83 percent of the cases.

The goodnight kiss on a first date was brought up in this survey also and found the men still voting for it with a 66 percent majority. Only 16 percent of the women felt they could approve a goodnight kiss on a first date.

The establishment of a dating bureau was favored by 25 percent of the fraternity and sorority affiliates interviewed, 33 percent of the dormitory women and 52 percent of the dormitory and unaffiliated men. Dormitory men have expressed difficulty in finding satisfactory ways to meet prospective dates. Other comments on a possible dating bureau included the objection to the commercialized angle of such a bureau and the fact that probably only the unpopular would patronize it.



Home Economics Looks Ahead

by Ruth Hackett

WHAT WILL the course in home economics be like when the Division of Home Economics celebrates its Centennial Anniversary?

A forward looking writer, Edward Bellamy, thought that home economics would become a system of public works. When he wrote "Looking Backward" in 1887 he prophesied for the year A. D. 2000: "Our women have quite too much spirit to be mere beneficiaries of society, even as a return for ornamenting it. They welcome being relieved from housework because that was wasteful as compared with the cooperative plan. They are members of the industrial army and leave it only when maternal duties claim them."

Present Improvements

Bellamy included electricity as the power to be utilized and spoke of public kitchens, laundries and repair shops on a city-wide scale. Some of the improvements he described are facts now. The use of electricity for heating and lighting, the style of the little house instead of dusty mansions, public laundries and the career woman are examples of his prophecies.

This indicates that home economics in the colleges will continue to expand in the next 75 years. The homemaker will be doing one special part of the home-making job for many others. This will give her the chance for specialization in one particular job which attracts her.

This specialization will not mean that homes themselves will disappear. Dr. P. Mabel Nelson, dean of the Division of Home Economics, believes that homes are such an important part of the whole psychology of a human being that they will never disappear. Perhaps the work of the home will be done outside it, but families will still continue to live as units in individual homes.

College Specialization

The future of specialization can be seen from the trends of home economics at Iowa State. How unusual a Department of Child Development would have been to a student in Domestic Science in 1872! What was formerly a course in child care has grown up to become a whole department in the division. Perhaps at the Centennial Anniversary there will be representatives from the Departments of Adolescent Care, Radio

Home Economics or Crafts. Judging from the past, specialization is bound to increase.

Today, with the general fields of work laid out in the field of home economics, research workers are digging deeper and deeper to find more facts. This concentrated effort to spread more knowledge is also going to make an impression. People raised on the very best diet may be common place in the Centennial year. We'll see taller, more handsome individuals with clearer mental and physical equipment.

The facts of child psychology should help straighten out the quirks of human nature as we know them now. It will be easier to get along with your neighbor. As each section of home economics pushes toward its ideal goal, the world should be straightened out a little more.

A longer life span will give women more time to do a better job of everything. They will have better health and time to follow more of the cultural interests.

One Phase Training

Because specialization will remove the necessity for a jack-of-all-trades training, home economics will be more attractive. A woman will choose one phase of it of her own free will. She will also become more of an economic and legal equal part of the family. The alumna who comes to the Centennial celebration at Iowa State will still be following the career for which she studied in college, even though she's married. The work of her household will be reduced to a bare minimum.

This may mean another change in the curriculum of the home economics student in the Centennial year. The course will be more valuable to the woman if it includes courses which will broaden her knowledge. She will need philosophy, literature and knowledge of the arts to counteract the specificity of the future.

This complication may also involve more training in the high schools. The basic and elementary home economics courses could be taught in the lower grades to provide more time in college for liberal arts.

The peace-time uses of atomic energy may mean another whole section of work in home economics. As soon as it is adapted to cake-mixers and perpetually-warm space heaters, the science of homemaking will become even more complicated.

Although the trailers and barracks, which serve as homes for so many Iowa State students, appear regimented on the outside, resourcefulness prevails in the interior. Each family decorates to suit its tastes.



Ingenuity Keynotes Their Home

by Barbara Parsons

ANTIQUE furniture touched with modern accents, plus imagination and hard work—that's the combination Barbara and Ed Dreschler used to make their half of a duplex—a 20 by 20 foot room—into a comfortable college home at 3210 West street, Ames. They squeeze in work while Ed, a chemistry major, attends classes at Iowa State and Barbara, a '45 textiles and clothing graduate at Iowa State, designs draperies for a Cedar Rapids firm, in her home.

A partition, extending to about one-third of the width of the room, divides the kitchen from the rest of their home. Tinted green walls and slightly darker green cement floors blend with light brown furniture to give an over-all feeling of softness and peacefulness. In pleasing contrast are bits of color in the bedspread, slip coverings and hand-made rugs. These are grayed as are the walls and floor to give a feeling of unity and the appearance of a larger room.

So exacting are they that it took three coats of paint on the walls to get just the tint that Barbara wanted. A green bamboo curtain helps in partitioning off the kitchen.

Maple Table

Starting with a round maple table which Ed's mother and father used when first married, Ed converted it into a modern drop-leaf table. Included in the set are six matching, cane-bottomed chairs.

"We spent a good many hours wandering through hay-lofts, farm-houses and antique shops." It was in Vermont, during their honeymoon, that they found a pine and maple setttee for 5 dollars. It took about 10 dollars to cover the 4 foot piece in rose.

A mirror, framed with a white plaster frame in the Roccoco style, costing 25 cents, hangs over the chests. White, narrow wale corduroy makes inexpensive yet dramatic floor-length drapes for the three single and one double windows. Purchased for 98 cents a yard, the fabric was originally the color of monks-cloth before Barbara bleached it to a pure white. Because they are heavy they required no lining.

The Hollywood bed and upholstered living-room chair are the only pieces of new furniture. Both are covered with hand-printed textiles. The bedspread and pillows are of deep rose and white in an all-over

block pattern created by Folly-Cove designers in New England. Muted yellow, green, brown and rose compose the floral pattern in the slipcovering of the chair.

Framing the bed are white shelves, built by Ed. They extend half-way down the wall from the ceiling on each side. Among the books on the shelves are several demitasse cups. Directly over the bed is a large framed map, one of a set by Miguel Cavarrubias depicting life in the South Sea Islands. On the same wall are two Model-T carriage lamps in which candles or plants can be placed.

Sea-Captain Chair

In addition to the other furnishings, there is a small old desk which they found necessary to revarnish. Accompanying it is a round-back arm chair, resembling those used by sea-captains. Barbara located it in Vermont. It too was covered with paint that had to be removed.

Accenting one corner of the living room is a bronze kerosene lamp, converted for use with electricity. An electro-plating company removed the nickel plating when they bought it for \$2.50. It is placed on a small corner cupboard which Ed also constructed, while above it are two floral prints framed in walnut.

"We really went wild in our tiny bathroom," Barbara and Ed tell their friends. The red-checked, washable wallpaper may be unusual but it adds a cheery note.

Shutter Doors

It's in the kitchen that the most work is yet to be done. The cupboards on each side of the sink were built without doors. This isn't stopping them though for Ed is constructing doors from shutters as he did for the closet in the bedroom. Here the walls are papered in an ivy pattern and along with the bathroom paper cost 10 dollars.

Barbara and Ed estimate the cost of decorating and furnishing at about 300 dollars, which includes the range. Cooperating as they have in all the work, they've enjoyed every minute but still say, "we can hardly wait to move into a big house where we can really let our imaginations run."

"Fourth For Bridge?"—Say Yes

by Margaret Rutherford

You can enjoy bridge and you don't have to be a shark. Maybe you don't play because you aren't? Maybe you don't play?

Let's start from that angle and see what we can do about it. When the crowd gets together over coffee cups in the Union or after dinner for a few hands, do you sit by wishing you had the courage to take a try?

If you have played any kind of cards at all, you probably realize that this card and that card have different values. The face cards, which are aces, kings, queens and jacks, are the power cards. The idea of contract bridge, the most popular form of bridge, is to make a claim to your opponents that you have the power in your hand to take a named number of tricks. A trick is four cards, one played by each player. The strongest card takes the trick in each play.

You start the game with 13 cards in your hand. The strength of your hand will depend upon how many of the "powercards," the honors, you hold. For instance, the ace is almost sure to take a trick because he is the most powerful. He is counted as 1.

If your king is backed by the ace of his suit he's certain to take a trick so you count that combination at 2 tricks. A suit is a group of cards belonging to the same family: spades, hearts, diamonds or clubs.

Kings with one other member of the family or suit can take tricks sometimes, so they are given a count of $\frac{1}{2}$. And king and queen without the ace each have one chance to score because one of them can nudge out the opposing ace. Together they count 1. Your ace-queen combination with some cards of their suit have a power of $1\frac{1}{2}$. Jacks are good pushers because they will often force out higher powers, so they add strength to your hand. They are not given a power count, however.

How to Bid

Bidding is the next step. When you look at your hand you try to decide by counting honors how many of the powers in the deck you hold. If you have $2\frac{1}{2}$ of them throughout your hand, you can make an opening bid. You tell your partner by your bid where your power lies. Opening bidders usually name their longest and strongest suit. You should have five cards in a suit before you bid it. This assures you against being left with a bid with no help from your partner and a short suit. A partner's return bid should indicate the suit he holds that will help your hand. You should be able to count on your partner's hand holding $1\frac{1}{2}$ honors. If he has no outside suit but $1\frac{1}{2}$ honors he will raise your suit. When a player says, "I pass," he indicates his hand is too weak to bid, has less than $1\frac{1}{2}$ honor count.

Some royal families in your deck are more powerful than others. Overlooking no-trump at present, the spade suit is strongest, then hearts, diamonds and clubs follow. When bidding, you must cover the previous player's bid. This means naming a higher suit or a larger number of tricks.

If you were the opening bidder and said, "One heart," you would tell your partner that you have a strong enough family of hearts and some help in other suits to take one trick over the book.

Anyone who bids after you must bid higher—that is, your heart bid must be covered with one spade or one no-trump or two diamonds or two clubs.

Three players pass. The last suit mentioned becomes the trump suit—the one which will take the offensive in the game. If a player bids no-trump he indicates that his hand holds so many powers in *each* suit that he can take all the tricks he bids without the strength of any particular family. This is the most powerful bid. A no-trump hand should have 4 honor count with an even distribution of suits and power in those suits, preferably a 3-3-3-4 distribution.

Dummy Hand

When the playing begins, each side maneuvers to take all the tricks it can. The player who has made the final bid is the central player. His partner places his hand on the table and the central player plays from it. This is the dummy hand and is laid down after the person to the right plays the first card. The high card laid down with each trick takes those four cards. Playing moves from left to right with each person laying down one card of the same suit lead.

If you cannot follow suit, you can throw away a worthless card from your hand on the trick or you can trump. If you trump, that means that you play a card of the suit which has been bid as the power or trick-taking suit. This card when played will take any card, ace included, of any other suit or any card of the same suit of a lower value. In no-trump there is no power suit so the high card of the suit lead always takes the trick.

You will find that if you study the reasons and logic behind these few simple rules and get in and play you will soon learn the fine points of the game.



The beginner at bridge finds her friends ready with advice

For Family and Business Success—

Teach Men Homemaking

by Agnes Wells

"I FIRMLY believe that the skill and wisdom with which young people solve their home-making problems is an accurate measure of their success in the world outside," says Sarah Gibson Blanding, president of Vassar College.

For instance, she says, how can a man hope to succeed in politics or diplomacy if he cannot settle amicably the squabble of his 6 year-old and 4 year-old over division of the lollipops? How can he become a successful business man if he cannot work out a household budget? As a lawyer, how can he deal successfully in human relations if his own family is unhappy and out of hand?

Since the home plays such an important role in the life of both men and women after graduation, why should it not receive equal attention during high school and college?

Homemaking Courses

Most college women marry within 5 years after graduation. For this reason increased attention is given to homemaking in the curricula of women's colleges, says Miss Blanding in the *Woman's Home Companion* for December. Approximately the same proportion of men graduates become husbands and fathers within the same span of time. She feels that it is just as important to teach the fundamentals of home economics, budgeting, marriage and child psychology to students at Yale, Harvard and Princeton as to those of women's schools.

Jack and Jill, establishing a new home and founding a family, are creating the most fundamental unit of our civilization. Miss Blanding believes that they should map out a rough plan, encompassing the goals that seem most important to each. The duties and responsibilities of each should be agreed upon and the hours of the day divided equitably.

If Jill is to stay at home while Jack earns the living, then it is only fair that she should be responsible for keeping the house clean, marketing and preparing the meals. But she should budget her day so there'll be free time for outside interests and for intelligent companionship with her husband. But if she plans to keep her job after marriage, the household duties should be divided equally.

Wives Who Work

After there are children, the home duties are greater. Even though Jill is to be a career woman, she should devote the first few years to the care of her babies and the running of her home, says Miss Blanding. But it is during this time, when the children are young, that she must be careful to continue her professional and community contacts so that she will be ready to take up her career where she left off.

Miss Blanding admits that the education period is short and that courses for students must be selected



Husbands who have received training in the fundamentals of home management are better adjusted in coping with the problems in marriage. Many colleges are teaching such courses

carefully. But since the family and home are the cornerstones of our civilization, students need specific preparation for their responsibilities toward them.

"When one marriage in three ends in divorce we are faced with a problem in human relations which colleges cannot ignore unless they are to sever all connections with real life," comments Miss Blanding.

Many colleges have established courses in marriage, but most of them are superficial. She believes they should include not only courses on sex, but also economics, household budgeting of time and money, personality problems, child psychology and the duties of citizenship.

Miss Blanding believes that every college student, whether male or female, should be graduated with a working knowledge of the economics of home management. Each should have an understanding of how to prepare a budget of both time and money to effect the greatest efficiency in the use of each.

Harriet Trey, smartly dressed, is ready for that big date. The warm fur coat is a natural grey Chinese kidskin with youthful shirtwaist collar and cuffs. Matching black accessories and a simple basic dress complete the date outfit

Vicky Greets the Social Season



By Joan Ahern

FRIGID February date nights require warmth and luxurious beauty in the same dress. Emogene Olson has found the solution in a dress of felted black wool jersey. Its basic qualities, embodied in a modified turtle neck, smooth shoulders and elbow-length sleeves are combined with a skirt gathered to a set-in belt. The dress is buttoned down the back with covered black buttons.

She fits the dress to her mood with jewelry and brilliant silk squares. An exotic note is added with a necklace of silver beads hung with squash blossoms and centered with a horseshoe-shaped Indian nashua. For another variation she matches a gold chain with a bracelet of the same links. A jeweled sphere dangles from the bracelet.

Pearls give the dress a more regal atmosphere. Sometimes Emogene wears a choker of pearls with a scarf belt. Attention is focused on her waistline when she wears a kelly green belt studded with massive gold crowns.

Another answer to the date-dress problem is found in a basic dress of brown moire. The rounded neckline, gauntlet length sleeves, wide set-in girdle effect and smoothly flared skirt are distinctive details of the dress.

Two-in-one is the motto of a bronze colored faille dress. It is sleeveless and fashioned with a low scooped neckline. The skirt has unpressed pleats. A fitted jacket with buttons lined up the front, peter-pan collar and long sleeves with tiny turn back cuffs may be worn with it.

Smoky blue velveteen is cut to make a dress with a tightly fitted bodice, shawl collar and long sleeves. Pleats tucked into the belt give the dress a distinctly new-look. Buttons of clustered pearls are the only accent.

Norma Barkley likes to wear a two-piece emerald green faille dress on special nights. Its jacket is fitted and below the waistline gives a suggestion of a peplum. Narrow long sleeves are made with pointed cuffs. The collar is shaped with modified points and attracts attention to the glittery buttons that fasten down the front. The skirt is ballerina-style with unpressed pleats.

Faille has been made into a dress with an exaggerated sweetheart neckline. The tight bodice is combined with short sleeves repeating the tucks used on the full skirt. The skirt is pleated over the hips but the pleats are freed. A circlet belt complements this costume.

What's new in . . .

Textiles and Clothing

Standard dress sizes may soon simplify the dress buying problem of American women. Sizes such as 14, 15, 16 will not vary in meaning if the American Standard Association approves the project.

★

Nylon crepe is being introduced for use by blouse and pajama manufacturers.

★

Nylon thread is adapted for sewing on rayons and wools as well as nylon fabrics. Highly resistant to mildew, rotting and abrasion, it insures long-lasting strong seams.

★

Kandar gives a permanent starch-like finish to textiles. It improves fullness and draping qualities of cotton, wool, rayon, silk, linen, nylon and paper fabrics.

★

The apparel industry of San Francisco, has reversed the usual procedure in giving Europe an all-American fashion show in Paris. The object was to acquaint French fabric designers with the type of clothes worn in California in order to increase the sale of French materials to the West Coast apparel industry.

★

Chiffon tweed is a new fabric introduced in the United States by London fashion designers.

★

Men's all-nylon shirts will soon find markets in department stores and haberdasheries.

★

Textile fibers coated with colored vinyl plastic can be woven, knitted, crocheted or braided in attractive patterns.

Foods and Nutrition

Three-fourths of a cup of freshly picked strawberries will furnish the daily allowance of ascorbic acid. This gives strawberries more importance in planning nutritious meals because they contain more than twice the amount of ascorbic acid in an equal weight of some varieties of tomatoes.

★

Food distribution by air between California and Alaska has been started by a group of West Coast food firms. Each week local products are flown to the other market.

★

Fresh frozen pork sausage prepared without salt keeps better than the same product prepared with salt. Tests indicated that seasonings other than salt had little effect on the development of rancidity in the sausage.

Raspberries retain their high vitamin C content exceptionally well after ordinary periods of processing, freezing and storage. As much as 100 percent of the vitamin C may be present after 4 months in a freezer.

★

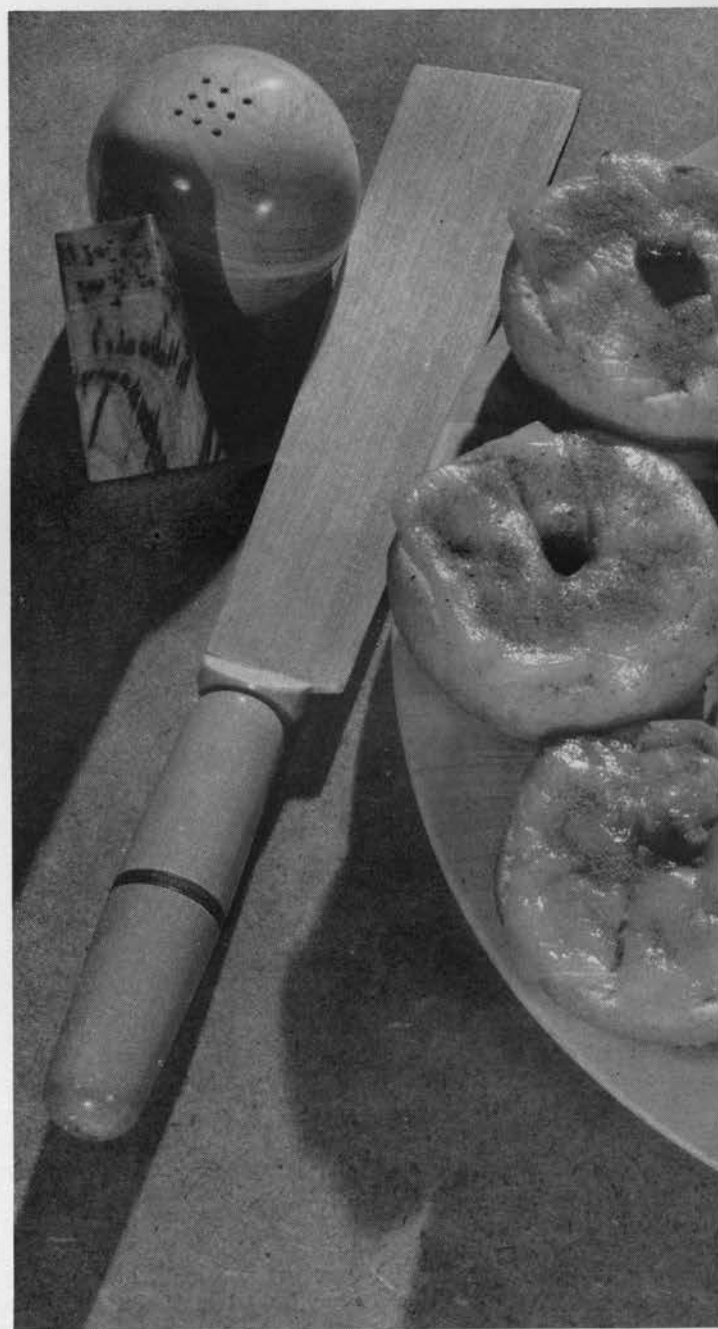
Margarine investigations show that we can digest this fat as efficiently as butter or vegetable oils.

★

Bread with 20 percent protein content is sought. Development of a high protein bread through use of extra amounts of dry milk powder is the object of research at the University of California College of Agriculture. Baker's bread contains approximately 9 percent protein.

★

New process for exploding cereal grains and legumes by means of compressed air has been announced by the



Cheeses can be served in many ways for Sunday night suppers, Smorgasbord, or as appetizers. Try Limburger, Camembert, Swiss, Roquefort, or Brie.

Midwest Research Institute of Kansas City. By varying pressure and contact periods, any desired segregation of husks, bran, germ and endosperm in cereals can be obtained.

★

In a new can weiners and a leak-proof sack of barbecue sauce are packed together in duplex fashion. There will be other combination packs soon.

★

Designed for use by fishermen, hunters and campers is "five-grain bread" packaged in tin plate. The bread is made of rye, cracked wheat, rice bran, barley flour, oats and soya. Thinly sliced loaf has high protein, mineral and vitamin content.

★

One portion of canned fishery products supplies a day's requirements of animal protein and is equal in nutrient value to other kinds of meat. Weight for



... afternoon snacks or with that special apple pie. You can select Edam American process and cream cheeses, Gouda and aged smoked cheeses

weight the important canned fish items are less expensive than popular cuts of meat.

★

Electronic heat is assuming a new role in the pasteurization of milk. By killing heat resistant bacteria, usually untouched by ordinary pasteurization, this process makes it possible to keep milk longer before it sours.

Child Development

A baby food warmer operating on the double boiler principle takes 4 minutes to heat food. The glass container has wood handles and nickel-plated brass clips which hold baby and junior size food jars.

★

Feeding the baby what he needs when he needs it on a new self-demand basis is replacing the old methods of enforced feeding schedules.

Household Equipment

Bagless vacuum cleaner handles suds and water so efficiently that shampooing of rugs and upholstered furniture can be done along with regular cleaning chores. Also, the cleaner eliminates bag emptying.

★

On wet days when clothes are dried indoors, use of an electric fan will greatly shorten the drying time.

★

A reflective roof coating deflects 70 percent of the sun's rays and reduces interior temperature of building as much as 15 degrees. The coating may be applied with brush or spray gun. One coat provides effective protection against summer sun, snow, frost, rain and dampness.

★

Soapless detergents are superior for washing woollens while soaps are best for cottons, rayons and for removing spots.

★

A silverware chest molded of urea is light weight and has a permanent ivory color.

★

Inflated vinyl plastic toys are gayly colored. They are soft when blown up, yet strong and durable.

★

A recent magazine survey shows that 49 percent of consumers own percolators, 42 percent own drip coffee makers and 39 percent own the vacuum-type coffee-maker. Only 1.3 percent said they used instant coffee.

★

Pop-up recipe file boxes may have been inspired by the automatic toaster. The guide is moved to any desired selection indicated on the front of the box, then pressed down to produce the needed cards.

Driving to Boone?

Stop at the FOOD FOUNTAIN, Boone's newest soda fountain and sandwich shop. It's within easy reach of everyone---located right in the main section of town near the theaters.

Our menu is keyed to satisfy your appetites, whether you wish an in-between meal snack, luncheon, supper, or full-course Sunday dinner. Featured on the menu you'll find:

- full-selection of hand-dipped candies
- tasty sandwiches and crisp salads
- luscious flavors of Swift's ice cream

We are open for your eating convenience, 7 days a week, from 11 a. m., until midnight. Next time you're in Boone, do drop in.

THE FOOD FOUNTAIN

821 Story, Boone

Phone 2440

'47 Graduates Speak

"I AM dietitian at Miss Hulling's Cafeteria in St. Louis. We supervise food preparation, work out new recipes and are organizing our old recipes into a workable file. We are studying food costs and are instituting a new perpetual inventory file."

Dorothy Lindecker, I. Mgt.

"My first teaching position is at Atlantic High School, which has a vocational homemaking department. I have 110 freshmen and sophomore girls in five classes each day. I also sponsor the Y-Teen which is the junior YWCA."

Rosemary Dugan, H. Eq.

"Gladys Barglof, '47, and I are taking our year of dietetic internship at Johns Hopkins Hospital in Baltimore. We are receiving excellent training and are having a grand time living in the East."

Elaine Laursen, Diet.



"Editing and rewriting copy are my duties as assistant editor of *Successful Farming*," says Barbara Bailey, home management. "It's the life of a busy journalist for me these days," continues Barbara, "for those copy deadlines keep popping up at all times."

"I am supervisor for the elementary grades, junior high and high school in Mount Pleasant. In this capacity I am able to utilize my applied art training, teaching classes not only how to draw but also how to appreciate, use and make beautiful things. I intend to direct as much crafts work as the program will allow. Opportunities are unlimited for art club activities."

Maxine Smoak, A. A.

"I am supervisor for the elementary grades, junior Edison Company in Chicago. In connection with 'electric living' we give home demonstrations, group demonstrations, baking school classes, teenagers' classes in home making and demonstrate all types and makes of electric equipment. We have a complete telephone service, recipes and a large quantity test kitchen."

Joyce Leithardt, I. Mgt.

"This summer I worked as a camp dietitian at Sky Meadow Girl Scout Camp in the Redwoods of the Big Basin area of California. The work provided recreation and experience. I am now taking my student dietitian training at the University of Columbus, Columbus, Ohio."

Donna Preston, Diet.

"I am employed as senior technician in Maytag's research department in Newton."

Dorothy Neidert, H. Eq.

"I am working in Fort Worth, Texas, as a field director in the Camp Fire Office. I go out into a district of the town to organize groups, train leaders and in general do field promotion work for the Camp Fire National Office. We have a large summer camp which accommodates 150 girls. Another field director here, Maybelle Carter, is an Iowa State graduate."

Ann Turner, C. D.

"Since graduation in March, I have worked at Broadlawns Polk County Hospital in Des Moines as Assistant Dietitian. This summer I taught Diet Therapy to student nurses in addition to supervising the food service in the Tuberculosis Hospital. At present I am working on a job analysis of the work of the tuberculosis kitchen employees and we hope to make many improvements when it is completed."

Ardis Post French, Diet.

Duchess Royal Wardrobe

... in wonderful washable Kool-Kord a Duchess Royal suit to mix and match with pedal pushers and slacks. Maroon or brown with white. Sizes 12 to 20.

suit 22.95

slacks . .

pedal pushers . .



Norman Cassidy

720 Walnut
DES MOINES, IOWA

Here's an Idea!



BIRDIE MUGGE suggests a way to free your dark woollens from lint. Wrap a 2-foot piece of adhesive tape around your hand from the wrist to the fingertips so that the sticky surface faces outward. Brush lightly over the surface of your garment and you'll find the lint sticks to the adhesive tape.

* * *

Ruth Mathews uses an empty vanilla bottle to help make a tender pie crust. First she cleans the bottle thoroughly. Then she punches four small holes in the lid. After filling the bottle with water she places it in the refrigerator to chill. When she's ready to add the water to her pie crust, she can distribute it in tiny, even drops. Any medium-sized flavoring bottle will do and requires little room in the refrigerator.

* * *

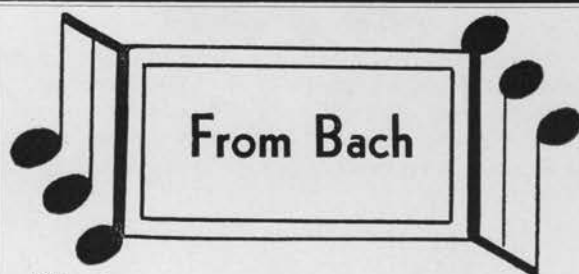
If you leave chemistry laboratory with silver nitrate stains all over your hands, don't worry too much about it. Lola Pancratz says the stains can be removed easily by putting a few drops of tincture of iodine on and rubbing the hands together briskly for a second or two. Plunge your hands into a solution of mild soap and water and wash them thoroughly. You'll have to wash the iodine solution off quickly to prevent it from leaving a yellow stain on your hands.



Marjorie Smith suggests keeping a piece of oilcloth in your room to be used when the gang drops in for a spread. The oilcloth laid on the floor serves as a tablecloth and eliminates messy floors. White oilcloth can be decorated with signatures, bright sayings or doodlings painted on with fingernail polish.

* * *

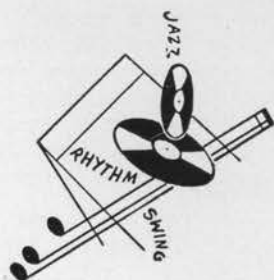
On wash day put a light starch in your second rinse water. Mary Ann Lindauer says this gives the clothes a nicer body and finish. Put all the clothes, except bath towels, through this solution. Dish towels, if put into starch water, will not leave lint on your colored dishes.



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your
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collection
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Masters
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Selection
of
Classic and Boogie

... To Boogie



Eschbach Music House

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Ames, Iowa

Barbara Berry likes to have her bed linen sweet smelling so she sprinkles powdered sachet on it when she makes up the bed. The scent makes the bed smell fresh and lasts until the sheets are washed.

* * *

It's easy to make your marquisette formal skirts crisp and fresh again. Sue Rickabaugh places a piece of waxed paper under the skirt and presses over it with a warm iron. The wax on the paper melts and adheres to the skirt. It won't be as permanent as a regular stiffener, but it'll last you through the evening.



Jeanne Doty has found a way to keep her special corsages fresh looking for years. She heats a small amount of paraffin wax until it becomes liquid. Using a pastry brush, she coats the flowers with a thin coat of wax. If you're careful to get the wax on evenly and completely cover the flowers, your corsage will look as it did when you first wore it.

* * *

Marian Getting gives her toasted cheese sandwiches a new and different flavor by adding a little peanut butter. A slow, slow heat that just melts the cheese will bring out the nutty flavor of the peanuts.

* * *

There's an easy way to iron lace and embroidery. Georgine Clausen presses these articles on a heavy bath towel placed on the ironing board. The nap of the towel helps the lace and embroidery spread out evenly.

* * *

Joan Smith soaks her clothes in a tub of cold water for several minutes before putting them into hot sudsy water. She finds that the cold water soaks out dirt more readily than if they are washed immediately in hot water.

* * *

Here's a way to prevent tiny wrinkles along the edges of shirt or blouse collars. Bernice Galbreath places a turkish towel under the collar and irons it on the right side until it's almost dry before she turns it.

* * *

Roberta Shepard likes a spicy seasoning on her salad so she makes her own seasoning. She puts a few whole cloves in a jar and covers them with water. Then she

can use a small quantity of this seasoned liquid as she desires it.

* * *

A laundry bag that won't cost you anything is easy to make in less than 2 minutes if you follow Kristina Jorgenson's directions. Take an old shirt, cut off the sleeves 6 inches below the armseye and sew up the sleeve ends. Button the shirt. Start at the bottom button and sew the shirt front sections together down to the hemline. Sew the front and back of the shirt tail together. You can put your soiled clothes in through the neck opening and get them out by unbuttoning the shirt front.

She's sweet enough



Of course she is . . . but we're willing to bet that sweet smile of hers will grow even sweeter if you present your Valentine with one of our boxes of candy. Boxes packed to suit the individual taste.



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Where To Start Your Bookshelf

by Margaret McKee

A PROBLEM facing most Iowa State students is deciding which textbooks to keep for future reference and which to sell to bolster their budget. As an answer to this problem, a survey was conducted in December among 30 students in a home management class as to the books they thought would be most valuable on their bookshelves. Here they are.

FOODS

Good Housekeeping Cookbook is filled with tested recipes and guides to menu planning, serving, marketing and budgeting. Farrar and Rinehart, 1942, \$2.50.

Home Institute Cookbook, New York Herald Tribune, contains sections on meal planning, nutrition, purchasing, recipes and table service. Scribner, 1947, \$3.

Food Buyer's Information, Alexander Todoroff, includes essential information on characteristic types, varieties and grades of food of all kinds. The Grocery Trade Publishing House, Chicago, 1946, \$4.

Essentials of Food Preparation, Elizabeth Sutherland and P. Mabel Nelson, gives basic recipes and methods of preparation. William C. Brown, 1947, \$3.

Better Homes and Gardens Cookbook is a loose-leaf cookbook containing tested recipes. Meredith Publishing Company, 1946, \$2.75.

HOMEMAKING

America's Housekeeping Book, New York Herald Tribune, summarizes information on all housekeeping duties. Scribner, 1941, \$2.50.

Household Equipment, Louise Peet and Lenore Sater, guides in the operation and care of all types of equipment. John Wiley, 1940, \$2.75.

Art in Everyday Life, Harriet and Vetta Goldstein, explains the general principles of art and has sections on dress design and house decoration, and illustrations. Macmillan Company, 1925, \$3.50.

At Home With Music, Sigmund Spaeth, tells how to appreciate music. It includes glossary and index. Doubleday, Doran, 1945, \$3.50.

Flowers, Their Arrangement, Gregory Conway, explains three steps in arrangement, with 186 photographs to illustrate. Knopf, 1940, \$3.

The Story of Art, Regina Shoolman and Charles Slatkin, reproduces the masterpieces of great artists and tells the story of their lives. Halcyon, \$2.95.

Home Management, Paulena Nickell, presents time and energy saving methods for management in family living. Wiley and Sons, Inc., 1942, \$3.

ETIQUETTE

The New Etiquette, Margery Wilson, informally presents what to do and when to do it. Stokes, 1937, \$3.50.

Your Best Foot Forward, Dorothy Stratton and Helen Schleman, outlines etiquette for young moderns. McGraw-Hill, 1940, \$2.

Manners for Moderns, Marjorie McGrady and Blanch Wheeler, answers questions on what to wear and on traveling etiquette. Dutton, 1942, \$1.75.

MARRIAGE AND FAMILY

Marriage and Family Relationships, Robert Foster, reveals the fundamentals of a successful marriage. Macmillan, 1944, \$2.50.

Your Wedding—How to Plan and Enjoy It, Marjorie Woods, is a complete book on wedding etiquette. Bobbs-Merrill, 1942, \$1.75.

Living with Children, Gertrude Chittenden, presents principles of child development and lists supplementary readings. Macmillan, 1944, \$1.75.

The First Five Years of Life, A. Gessel, M. D., and Frances L. Ilg, M. D., discusses child guidance and psychological care. Harpers, 1940, \$4.

Better Homes and Gardens Baby Book. Meredith Publishing Company, 1946, \$2.75.

When You Marry, Reuben L. Hill and E. M. Duvall, is a serious study of family life, with emphasis on preparation for and adjustment to marriage. New York Associated Press, 1945, \$3.

RELIGION AND PHILOSOPHY

The Bible, King James Version, \$3.75.

The Robe, Lloyd Douglas, gives the story of Christ's crucifixion and the man who won his robe by casting lots near the cross. Houghton Mifflin, 1942, \$2.75.

The Prophet, Kahlil Gibran, is the author's philosophy. Knopf, 1923, \$2.50.

The Bible and the Common Reader, Mary Ellen Chase, furnishes the historical background for Bible study. Macmillan, 1944, \$2.50.

GENERAL REFERENCE

Better Buymanship Series, gives principles of better buymanship, use and care. Household Finance Corporation, 6 cents each.

The American Mind, H. B. Warfel and William Gabriel, includes selections from the literature of the United States, American Book Company, 1937, \$4.25.

Webster's Collegiate Dictionary, Merriam, 1936, \$4.

Encyclopedia Britannica, Encyclopedia Britannica Company, 1946, \$219.

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15 Minutes
A Day*



... of complete relaxation from a busy school routine in your college club will help you to lead a better, well-rounded college life. And, while you are relaxing, take time to scan your favorite magazine or newspaper. As the leaders of tomorrow, you'll want to keep abreast of the times. Current affairs have assumed a greater importance in your life than ever before. And it can be done in only 15 minutes.

THE MEMORIAL UNION

your college club

Keeping Up With Today

RED IS not the color most apt to make a man fall in love. Experiments in psychology prove that a woman should wear white to influence the opposite sex to fall in love and propose. Moonlight, romance and marriage, it seems, are connected by most men with white. Sociologists claim that many fail to recognize the real thing because of a high-pressure picturization of romance.

* * *

Interest in home economics is increasing among men. The student enrollment in elective courses is growing and home economics courses for men are being added to the curricula in many schools. Some choose home economics as their major while others minor in this field. In most colleges a large number of men take marriage and family courses. Men make direct application of their home economics knowledge in daily living and are a challenge to the teacher.



The Iowa Farm and Home Labor Saving Show, presented by the Extension Service of Iowa State College is touring Iowa towns for 3 months. Exhibits on kitchen arrangement, home storage, farmhouse planning, cattle feeding, pest control, farm safety and many other problems are included. Films from the college film library are shown in connection with the show.

Nursing headed the list of recommendations with a 31 percent vote in a recent poll conducted on the selection of specific careers for women. Teaching and business ranked second. Eight percent suggested home economics, housekeeping and creative jobs as possible career fields for women. Engineering and medicine won first approval as occupations for men. Carpenters, mechanics, science and research rated next. Aviation and farming were recommended by only 4 percent.



The color of egg yolks is influenced by variation in the hen's diet of the two most common color-producing constituents, yellow corn and dehydrated alfalfa. This was revealed in a study made by J. Eggleton for his thesis, "Effect of Feed on Egg Color." Hens fed on typical midwestern rations produced eggs with medium to dark yolks. The time required for a color change was from 3 to 4 days, with a stable level reached in 6 to 7 days.

* * *

Habit is the reason for your eating more meat than you really need, say extension nutritionists at Iowa State. You can maintain your health by eating only 1/4 pound of meat a day and by using other protein foods, such as beans, peas, eggs and milk. One hundred and fifty-nine pounds of meat per person will be consumed if Americans keep on eating at the rate they have this year.

Flowers for Your Valentine



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FAMOUS FOR FINE FOOD

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CREAM
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**Always
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*Fitting The Scheme
Of Better Living*

*Also available
in the economy
paper bag*

Coffee is popular any time of the day or night, equally welcome at a quick lunch or the festive board.

CHOCOLATE CREAM is at the top with balanced flavor. As available food supplies return to normal, keep pace with quality by serving the better coffee . . . CHOCOLATE CREAM.

Younkers



Blushing rose
print with carnival
ruffle at your hemline.

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